

Featured Books

1. **Discovering MyPyramid K-1:** *I Will Never Not Ever Eat a Tomato* by Lauren Child **2-3:** *The Hungry Thing* by Ann Seidler and Jan Slepian
2. **Great Grains and Bountiful Breads K-1:** *Bread, Bread, Bread* by Ann Morris **2-3:** *Everybody Cooks Rice* by Norah Dooly
3. **Versatile Vegetables K-1:** *Tops and Bottoms* by Janet Stevens **2-3:** *The Ugly Vegetables* by Grace Lin
4. **Fabulous Fruit K-1:** *Handa's Surprise* by Eileen Browne **2-3:** *How Do You Raise a Raisin* by Pam Munoz Ryan
5. **Marvelous Milk! K-1:** *From Cow to Carton* by Alikei **2-3:** *Cow By* Jules Older
6. **Meat & Beans Power K-1:** *Green Eggs and Ham* by Dr. Seuss **2-3:** *Mice and Beans* by Pam Munoz Ryan
7. **Sensational Snacks K-1:** *The Very Hungry Caterpillar* by Eric Carle **2-3:** *The Seven Silly Eaters* by Mary Ann Hoberman
8. **Count 5 for Variety K-1:** *Pete's a Pizza* by William Steig **2-3:** *Nothing Beats A Pizza* by Loris Lesynski
9. **Kid's Physical Activity Pyramid K-1:** *Can You Move Like an Elephant?* by Judy Hindley **2-3:** *Let's Exercise* by Alice B. McGinty
10. **Don't Give Germs a Hand K-1:** *Those Mean Nasty Downright Disgusting but...Invisible Germs* by Judith Ann Rice **2-3:** *Germs Make Me Sick* by Melvin Berger
11. **Let's Make a Meal K-1:** *Feast for 10* by Cathryn Falwell **2-3:** *Spaghetti and Meatballs for All!* by Marilyn Burns



About Kids and Nutrition

Dietary habits established at a young age last a lifetime. Parents can control what their young children eat, but as children grow older their eating behaviors become more independent.

According to the National Education Association publication, *The Relationship between Nutrition and Learning*, research has identified two links between nutrition and learning. The first link identifies that "Nutrition has a strong physical, emotional and intellectual impact on a child's ability to learn." The second link proves that it is easier to adopt a healthy eating pattern in childhood than to change food consumption behavior later in life.

Therefore, introducing nutrition education (with a Dietary Guideline focus) to school-age children is the optimum time to promote healthful lifelong eating habits.



For more information contact:

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Reading Across MyPyramid



A Nutrition Curriculum for Kindergarten to Third Grade Youth

This project was funded in part by the California Food Stamp Nutrition Education Program (FSNEP), USDA. The Food Stamp Program helps participants to purchase nutritious foods for better diet.



University of California Cooperative Extension
Division of Agriculture and Natural Resources

Reading Across MyPyramid

Reading Across MyPyramid is a nutrition and literacy program developed for Kindergarten through Third Grade. Children learn about food and nutrition by having children's storybooks with food-related themes read to them and then participating in hands-on nutrition activities.

Each of the eleven lessons includes:

- Lesson preview
- Nutrition or fitness objectives
- Life skills
- Background information for the instructor
- Guidelines for discussion before and after reading the story

The lessons also include:

- Activities that meet the California content standards for Kindergarten through Third Grade
- List of supplies needed
- Supplemental activities
- Other books children might enjoy
- Recipe
- Quiz
- Letters to parents
- Resource and presentation tips.

Standards

Reading Across MyPyramid has been reviewed for alignment with the content standards adopted by the California's State Board of Education. These correlations by content area are available on-line at the University of California State FSNEP web page at:

<http://fsnep.ucdavis.edu>.



Goals

- Help children make healthy food choices by developing positive attitudes about food, good health, and nutrition habits.
- Increase children's interest in books and improve their reading and listening skills.



Objectives

Children will:

- Recognize MyPyramid as a tool for healthy eating and exercise.
- Expand the variety of foods they eat from all food groups.
- Increase their consumption of fruits and vegetables.
- Lower their intake of high fat and high sugar foods.
- Be physically active every day.